

Grilled Pork Chops

Pork can be grilled as easily as hamburgers, and more easily than chicken. When grilling pork, it is very important to be sure it is fully cooked. Grilling in reusable aluminum foil pans is becoming popular, and perfect for pork. Place the meat in the pan, add spices and barbecue sauce, and let the grill add delicious flavor. With the advent of aluminum pans, a whole meal can be grilled in a pan. Add vegetables to bake in the sweet juices of the meat for a meal ready to eat outdoors. No need to take it inside.

Pre Cook Preparation:

Marinate: Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce

Butter (lactose)

Mushrooms

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:

Fork
Steak knife
Pan: Grill aluminum foil pans

Ingredients:**Meat:**

Pork chops, or
Tenderloin

Vegetables:

15 ounces of asparagus
Baked potatoes
15 ounces of corn

Other ingredients:

Dash of salt
Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Place meat in aluminum grill pan.
2. Add a little barbecue sauce and a dash of salt.
3. Place vegetables in aluminum grill pan.
4. Place pans on grill and cook until done.

Cook Temperature: Grilled

Cook Time: Varies

Servings: Each piece should be one serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.